

FRIENDSHIP CRAZE: MIND UP

Friendship Craze presents "MindUp" for kids. MindUp is an evidenced based, social and emotional program of The Hawk Foundation built upon neuroscience, positive psychology, mindful awareness training, and optimism. The 12 lessons (6 per session) offer easy strategies for helping students focus their attention, improve their self-regulation skills, build resilience to stress, and develop a positive mind-set. The "MindUp" curriculum uses research-based lessons with the latest information about the brain to improve behavior and learning. It is shown to enhance perspective taking, empathy, kindness, and social skills as well as fostering complex problem-solving skills. Instruction methods include games and movement (not lectures)! Attendance at both sessions is recommended to optimize learning these skills, but it is not required.

Day: Fridays
 Date: Session I: September 18 - October 23 **Course Code: 15302**
 Session II: October 30 - December 11 **Course Code: 15303**
 ** No class: November 27
 Time: 4:30 p.m. - 5:20 p.m.
 Fee: \$90 per resident \$135 per non-resident
 Age: 7 - 11 years old
 Location: Kiwanis Center

ACTING CRAZE: 1ST SESSION - HAUNTED HOUSE PRESENTATION 2ND SESSION - A CHARLIE BROWN CHRISTMAS

Learn acting skills and confidence while getting ready to present a skit for family and friends. In the **first session**, students choose their "haunted character" and make that character come to life. This is an annual tradition because the students love it so much! Definitely a favorite, you will never see more creativity in any other presentation! In the **second session**, we will perform "A Charlie Brown Christmas." Have fun learning acting skills while getting ready to perform for your family and friends. Final performance will take place immediately after the last class.

Day: Fridays
 Date: Session I: September 18 - October 23 **Course Code: 15304**
 Session II: October 30 - December 11 **Course Code: 15305**
 ** No class: November 27
 Time: 5:30 p.m. - 6:30 p.m.
 Fee: \$90 per resident \$135 per non-resident
 Age: 8 -14 years old
 Location: Kiwanis Center



INTRO TO SEWING

Students will learn the basics of machine and hand-sewing by learning various seam finishers and techniques in order to clean-finish sewing projects. Students will complete a sewing sampler of manual and machine-sewing techniques. Additional projects include a small pillow, a gathered skirt, a fashion tote bag, and a small pattern for pillow and skirt. Supplies and equipment are included.

Day: Saturdays
 Date: September 19 - October 3 **Course Code: 15306**
 Time: 10:00 a.m. - 12:30 p.m.
 Fee: \$125 per resident \$187.50 per non-resident
 ** A \$5 supply fee is payable to the instructor the first day.
 Age: 7 - 12 years old
 Location: Downstairs Activities House



FASHION FRAMED ART

Students will create a fashion design, frame their art, and decorate their frame. They will also learn basic fashion sketching. This class is taught during a school break.

Day: Monday
 Date: October 12 **Course Code: 15307**
 Time: 9:00 a.m. - 11:00 a.m.
 Fee: \$25 per resident \$37.50 per non-resident
 ** A \$5 supply fee is payable to the instructor on the first day.
 Age: 7 - 13 years old
 Location: Downstairs Activities House

SEWING FASHION – HOLIDAY CAMPS

Learn the basics of sewing, sketching, and patternmaking. Students will create a pillow and a gathered skirt. Supplies and equipment are included.

Day: Monday - Wednesday
 Date: Session I: November 23 - 25 **Course Code: 15308**
 Session II: December 28 - 30 **Course Code: 15309**
 Time: 9:00 a.m. - Noon
 Fee: \$110 per resident \$165 per non-resident
 ** A \$5 supply fee is payable to the instructor on the first day.
 Age: 7 - 12 years old
 Location: Downstairs Activities House